

SHARING OF TASKS BETWEEN PARENTS HELPS KIDS



COPARENTS: Adults are recognized as a child's parents who act and communicate to ensure the child's well-being, regardless of their parenting situation.

Women still take on a greater share of household and family tasks than men. Likewise, women also carry most of the mental burden of family life.

Thankfully, the gap is closing, especially among younger parents. There seems to be a real increase in awareness about the importance of sharing tasks more evenly.

Benefits of sharing tasks more equally

- Strengthens equality between mothers and fathers in everyday life
- Improves the work-family balance
- Gives children fewer stereotypical role models and promotes the value of equality in families and society

How to share tasks more equally

There is no one-size-fits-all model for sharing tasks equally. You have to find the right fit for your coparenting team!

COMMUNICATION is key!

Winning conditions

- **Show appreciation:** Acknowledge your coparent's efforts and thank them for what they do.
- **Be proactive:** Don't wait for your coparent to tell you what to do or leave it to them to ask for help.
- **Be flexible:** Don't underestimate your coparent's abilities and accept that they do things differently.

Agree on a sharing arrangement that works for both coparents

Would you like to see tasks shared more evenly between you and your coparent (dividing up and/or taking turns)? Would you like to split up tasks based on your schedules, situations, preferences, abilities, and so on?

Communicating your feelings and expectations

Dividing up family tasks can cause all sorts of frustrations, from "I do more than my coparent thinks" to "My coparent has all the fun jobs," "My coparent criticizes me or redoes things that aren't done their way," and "My coparent doesn't do anything unless I ask." Misunderstandings can be sorted out by discussing your perceptions.

Assessing how tasks are shared within your coparenting team

It may be helpful to start by assessing your sharing arrangement. Your goal should be to identify possible ways of adjusting things and taking action to make both parents happier with the arrangement.

Be careful! It's not enough to split up the work 50/50 between parents. It's more than just dividing up what needs to be done —everyone needs to be happy with how the work is shared. It can be challenging because everyone has their own preferences, some tasks are more "visible" than others, and some things need to be done every day while other tasks are less frequent.

1. Make a list of family tasks.
2. Indicate who does what and when.
3. Discuss the value of the different tasks and your feelings about them.
4. Come to an agreement on how to adjust the planning and execution of certain tasks.
5. Review it together whenever the need arises.

DO THE EXERCISE →

64% of mothers

80% of fathers

say they're **SATISFIED** with their task sharing-arrangement.

THE MENTAL BURDEN

This is the "invisible" work of managing and organizing family life, including meal planning, remembering to buy garbage bags or make dental appointments, planning outings, and enrolling your child in activities. This type of planning takes time and energy. It's also a source of stress and fatigue.



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* Data from a coparenting survey carried out by SOM for Regroupement pour la Valorisation de la Paternité (RVP) with 1,040 fathers and 1,075 mothers in Quebec in June 2020.